

Recovery and Wellness Dispatch Roseburg VAMC Mental Health Service

"Strength does not come from physical capacity. It comes from an indomitable will."

~ Mohandas Gandhi

"Where there is no struggle, there is no strength."

~ Oprah Winfrey

"With the new day comes new strength and new thoughts."

~ Eleanor Roosevelt

"Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them."

~ Thomas Kinkadee



Richard Gray and David Gage working in the CWT Greenhouse

Veterans Find Transitional Employment and Recovery in the CTW Greenhouse

Flowers and a variety of plants line the crowded shelves of the Compensated Work Therapy (CWT) Greenhouse at the Roseburg VAMC. Fifteen Compensated Work Therapy Veterans maintain the greenhouse in an effort to prepare for competitive employment. The greenhouse serves a variety of community projects including flowers for the Head Start program and ground cover for the US Forest Service. Steve Stayberg, The CWT Coordinator said, "Working in the dirt is calming. There is less time to worry about yourself." The Veterans in the program agree.

About his experience in CWT, Richard Gray said, "It's a chance for a new start." David Gage added, "It's been a good jumping off point. They accommodate my disability and will help me find a permanent job that works for me." Veterans employed in the CWT program work for 3-6 months to help them transition to full time jobs in the community. While in the program, they receive individual and group job coaching and work on interviewing and resume building skills. The Roseburg CWT program was recently ranked 1 in VISN 20 (VA

facilities across the Pacific Northwest and Alaska) for assisting Veterans in building job skills and finding work.

Women's Health Wins Grant for the #1 Go-Red Month in the Country



Veterans attending the Go-Red Expo

The Roseburg VA Medical Center sponsored 19 different events at 4 different locations to commemorate Go-Red Month in February. Go Red Month is an initiative to promote women's heart health awareness and wellness. The Roseburg VA was awarded a grant for organizing the number #1 Go Red Month in the Nation!

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RRTP Veterans Work Recovery Through Outdoor Recreation

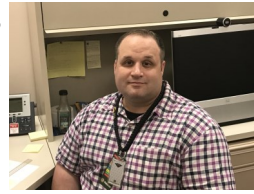
On March, 31, the Roseburg RRTP took Veterans to Susan Creek Falls and The North Umpqua



trail in order to provide an opportunity to connect with the outdoors and participate in healthy leisure activities. The Veterans had lunch at the Steamboat Inn, where they could relax and enjoyed a quick magic show courtesy of the owner. The trip was organized by Peer Support Specialists in the RRTP in an effort to teach that recreation and “fun” is a meaningful part of recovery.

RRTP Staff Share “Why I Do What I Do”

“I’ve seen the need for Veterans Services. I like to be able to serve those who’ve served ~ Landon Ross, Peer Support Specialist,



“To help fellow Military Members and Veterans advance their goals” Steve Stayberg, ~ CWT Coordinator

“I’ve been given a mission to develop a suicide prevention program that will help Veterans at risk to connect with other Veterans” ~Kurt Rossback, Suicide Prevention Coordinator.



Strengths-Based Recovery

Recovery is strengths-based. That means that recovery-oriented care “focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals. By building on these strengths, consumers leave stymied life roles behind and engage in new life roles, (e.g., partner, caregiver, friend, student, employee). The process of recovery moves forward through interaction with others in supportive, trust-based relationships.” (SAMHSA, 2007). Identifying and building on an individual’s unique strengths and abilities is vital to the recovery process.

SAMSHA (2007) SAMHSA Consensus Statement on Mental Health Recovery. Retrieved from URL: <http://www.mentalhealth.samhsa.gov/publications/allpubs/sma05-4129/>

Components of Recovery



Monthly Recovery Message

—by Keith Lewis, Local Recovery Coordinator

In my work with Veterans with Serious Mental Illness, I continually find myself in awe of the talent, intelligence, resourcefulness, kindness, and strength of this community. I recall asking a particular Veteran about his strengths at our first meeting. He said, “I have none.” I replied, “I don’t believe you.” This Veteran later facilitated Vet to Vet support groups and became a leader in the Recovery Movement at our local VA. He was an amazing communicator and found ways of inspiring other Veterans with his stories and experiences. He later told me that for him, recovery meant learning that he wasn’t just a bucket of problems. By building on his strengths, he discovered that his goals were not out of reach and he could still live the life he wanted. He found a way to re-discover his strengths and help others.

Have Feedback? Contact Keith Lewis at the information below.

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